



South Dakota National Guard

Family Readiness Annual Briefing



"Mission First, Families Always"



Family Readiness

- *Purpose of the Family Readiness Program*
- To provide service and family members **education** and **information** to foster self-reliant, strong and ready families.
- **Referral** assistance - Refer families to organizations and resources
- Provide **support** for families
- **Crisis** Assistance
- Improve family **well-being**



Family Readiness

State Family Readiness Office

familyprogram@sd.ngb.army.mil

1-800-658-3930

- *State Family Readiness Director - LTC Tim Moran*
 - 605-737-6728 / 605-415-3131
- *State Youth Coordinator – Mike Bierle*
 - 605-737-6919 / 605-415-1808
- *State Family Assistance Center (FAC) – Rapid City – Michele Anderson*
 - 1-800-658-3930 / 605-737-6079 / 605-381-2859
- *Family Assistance Center (FAC) – Brookings – Kim Chase*
 - 1-866-597-0017 / 605-696-5416 / 605-415-1705
- *Family Readiness Assistant - Lynn Wright*
 - 605-381-5761 / 605-737-6089
- *State Family Readiness Program Assistant – DJ Pearson*
 - 605-737-6086
- *Chaplain Support – Major Lynn Wilson*
 - 605-737-6009



Family Readiness

- It is the Commander's tool done in partnership with families for developing strong, self-reliant families that can withstand the rigors of separation due to deployments, annual training and schools.



Family Readiness

■ *FAMILY READINESS FACTS*

- Family Readiness cannot be achieved through “catch up” activities conducted just before or during deployment
- Family Readiness is directly tied to mission readiness and retention
- Family Readiness can not succeed without service member involvement.



Family Readiness

- Who does the Family Readiness Program require to make it successful?

TEAM effort

- Full-time support staff
- Commanders and 1SGs
- Unit Family Readiness Representatives
- Service members
- Family members
- Significant Others
- Civilian employers



Family Readiness

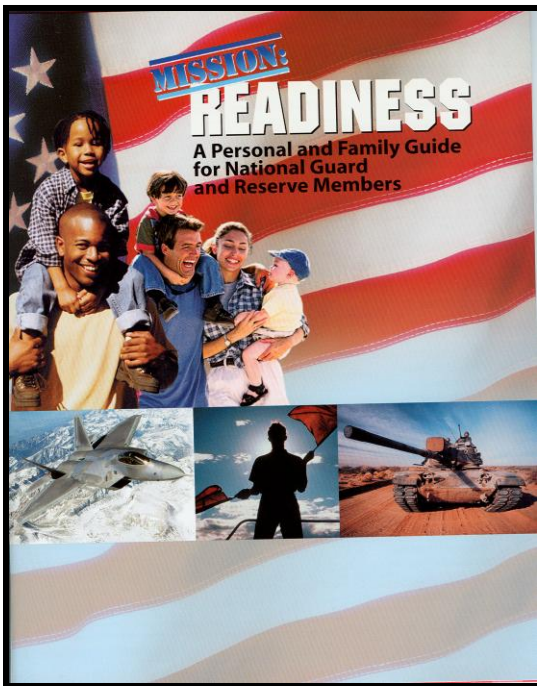
*Why **belong** to your unit's Family Readiness Group?*

- Gain information about the military and how it works.
- Become informed about connections to resources.
- Learn about military benefits.
- Get official news from your unit.
- Gain mutual emotional & physical support from each other (common bond).
- Make new friends.
- Have fun.



Family Readiness

■ *PREPAREDNESS* – Do it NOW?



Guide to National Guard
Family Readiness

- Telephone Trees
- Service/family member contact information
- Wills/power of attorneys
- Joint accounts
- Computer passwords (AKO- www.us.army.mil
Mypay- www.dfas.mil)
- Emergency Data Card updated (DD93)
- Correct Information on life insurance (SGLV)
- Locate water shut offs, fuse box, septic systems & financial information
- DEERS enrollment updated
- Family Care Plan
- Business / Job Care Plan



Family Readiness

■ *PREPAREDNESS* – Do it NOW?

■ *Individual Responsibility*

- Keep your family informed
- Keep your employer informed
- Encourage them to participate in unit events
- Inform them of your training dates
- Share your unit newsletter
- Include your family
- Ensure they understand benefits available
- Provide them with emergency notification process when at training
- Do a Family Care Plan with JAG assistance (if necessary)
- Business / Job Plan



Family Readiness

■ *PREPAREDNESS* – Do it NOW?

■ *Single Service members*

- Who will make your payments?
- What will you do with your house/apartment?
- What will you do with your possessions?
- Are you in school – what is the school policy regarding military duty?
- What will you do with your vehicle?
- What will you do with your pet?
- Keep your family informed.
- Keep your employer informed.



Family Readiness

- **PREPAREDNESS – Do it NOW?**
- **Verify DEERS Enrollment – KEY to benefits and entitlements for families** –(Soldier can verify on AKO)
 - ID cards
 - TriCare – **www.triwest.com** or 1-888-874-9378
 - TRICARE Reserve Select (Jan 09 – premiums)
 - Service Member monthly premium \$47.51
 - SM and Family monthly premium \$180.17
 - SGLI Family Coverage
 - Provides up to maximum of \$100,000 of insurance coverage for spouses, not to exceed the amount of SGLI the insured service member has
 - \$10,000 at no cost for each dependent child
 - Allows you to order from AAFES catalog –
 - **www.aafes.com – no sales tax (online)**



Family Readiness



■ *Benefits Available*

- *Military Pay – <https://www.dfas.mil>*
 - *New pay system – DIHMRS – coming Mar 2009*
- *TriCare Dental www.ucci.com or
1-888-622-2256*
 - Administered by United Concordia
 - Enrollment is for at least 12 months
 - Single Plan and Family Plan
 - Payroll deduction / direct billed



Family Readiness

Military Family Life Consultants

(888) 755-9355

- *Benefits Available*
- *Military Family Life Consultants for National Guard and Reserves*

You and your family are entitled to 6 prepaid, face-to-face counseling sessions at **NO COST**

**Convenient 24-hour, Year-round access, FREE,
Private counseling services*

Provided by Department of Defense at NO COST to Service members and their families.



Family Readiness

- *Benefits Available*

- *MilitaryOneSource — <http://www.militaryonesource.com>
or call - 800-342-9647*

- All services available at **NO COST** to you and your family
- Newsletters, articles, worksheets available
- Can help to locate child care, summer camps, mechanics, etc in your local area
- Financial Information / Income Tax Services
- Over the phone or 6 private, in-person counseling sessions in your local area. (Can utilize this service more than once for different issues) at **NO COST**



Family Readiness

Benefits Available

■ *Armed Forces Recreation Centers*

- Worldwide
- Cost based on rank
- www.govarm.com
- www.afvclub.com
- www.shadesofgreen.org
- www.armymwr.com
- armedforces.com
- www.military.com
- www.halekoa.com (1-800-367-6027)
- <http://www.herosalute.com>

■ *Commissary*

- Unlimited Access
- <http://www.commissaries.com>



Family Readiness

- *Benefits Available*
 - *Army & Air Force Exchange (AAFES)*
 - Unlimited Access
 - www.aafes.com
- *Space Available Air Travel*
 - <http://www.baseops.net/spaceatravel>
- *Simple Wills, Power of Attorneys, Family Care Plans*
 - Accomplished through state JAG (Judge Advocate General) Office
 - Free of charge

Family Readiness

Resources Available - Information & Education



- *State National Guard Website*
- For current information on resources
 - Current dates and locations for Family Readiness Training
 - Marriage enrichment workshops
 - SD National Guard Youth Camp
 - Log onto <https://sdguard.ngb.army.mil> and go to the Family Readiness link – then training / workshops.

Family Readiness

Resources Available - Resource Links



Welcome to the National Guard Online Community



One Guard One Family

Did You Know?



Fisher House Foundation, Inc. Offers Scholarships for Military Children Program CSM Hudson Of the Fisher House Foundation ... More>>

Monthly Premiums Decrease for TRICARE Reserve Select

Monthly Premiums Decrease for TRICARE ...
More>>

Red Cross "Holiday Mail for Heroes" Program 2008 Guidelines

The American Red Cross is pleased to ...
More>>

www.guardfamily.org

South Dakota National Guard

"Mission First – Families Always"

State Family Readiness Office



Family Readiness

Resources Available - Training



Welcome to the National Guard Online Community

Access point to online, interactive classes

Class list follows:

Introduction to the National Guard

History of the National Guard

Conflict Management & Resolution

Effective Leadership

Stress Management

Resources Around You

Deployment And Reunion

Family Finances

Family Readiness Groups

Introduction To Guard Family Action Plan

Also classes designed just for youth.

www.guardfamily.org



Family Readiness

- *Strong Bonds Couple's Workshop* (A Free Weekend Away)
 - For Married military couples
 - Spouses placed on travel orders to cover mileage, lodging, food costs
 - Service members can attend in drill status – unit determines
 - Dates – 13-15 Mar 2009 in Rapid City
 - - 4-5 Sep 2009 in Sioux Falls

(Friday night & Saturday only)



Youth Program

- Deployment Training
- Reunion Training
- Drug & Alcohol Education / Awareness
- Peer Counseling
- Pen Pal Program
- Operation Military Kids
- Youth & Teen Camp



Youth Camps

South Dakota National Guard Youth Camp

Dates:

**June 22nd – June 26th

at Cedar Canyon Wesleyan Camp in Rapid City

**10-13 year olds (10 years old by June 1st)

Operation Purple Camps : www.nmfa.org

(not affiliated with the State Family Readiness Office – national organization)



Summer Day Academy

lasting for 1 week in Rapid City on Cp Rapid

Completed 4th grade not yet entered
7th grade

Focuses on math and science – kids build individual rockets –
launch on graduation day – experience flight simulators

8:45 am – 2:00 pm

****Requires Military sponsor****

South Dakota National Guard Family Readiness



Questions

Thank You!

Call 1-800-658-3930 or
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